DR. TERRY STUART
‘C.L.I.C.K.’
YOUR THINKING....

AN INTERACTIVE SESSION TO AID STRESS RELIEF...
Stress occurs when pressures on an *individual* exceed his or her coping capacity.
Learn to **accept** the things I cannot change..

Learn to **change** the things I can

and

Have the wisdom to know the difference....
ACCEPT
CHANGE
THINK
“There are some who speak one moment before they think.”

Jean De La Bruyere
French satirist
“Take Away” Thoughts...

• Conscious
• Look and Listen
• Individual
• Choices
• Kick your habits

‘CLICK’ YOUR THINKING..........
In order to change...

Behaviour has to change
or nothing changes
‘People are distracted not by things
But by the views which they take of them’

Epictetus - Philosopher
THANK YOU FOR LISTENING